

**NOTE:**  
Please read all instructions  
carefully before using this  
product

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Model  
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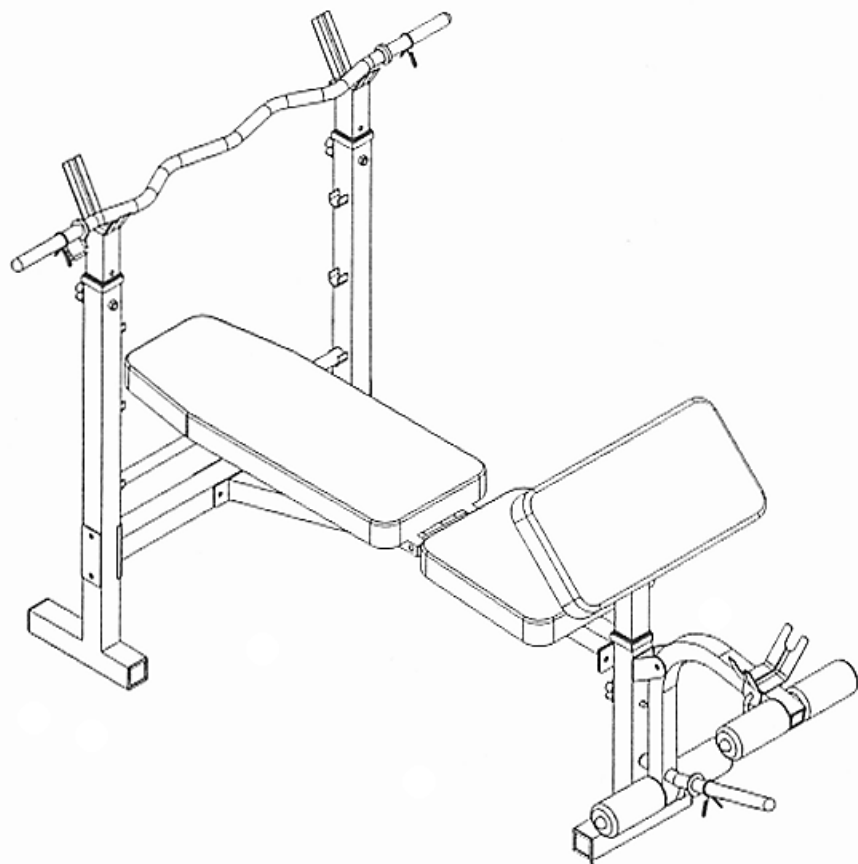
Retain This  
Manual for  
Reference

March 25, 2000

OWNER'S  
MANUAL

**IMPEX**  
FITNESS PRODUCTS

## COMPETITOR BENCH 555



**IMPEX INC.**

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## BEFORE YOU BEGIN

Thank you for selecting the CB555 by IMPEX FITNESS PRODUCTS. For your safety and benefit, read this manual carefully before using the machine. As a manufacturer, we are committed to provide you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, we guarantee you complete satisfaction through direct assistance from our factory. To avoid unnecessary delays, *please call our TOLL-FREE customer service number.* Our Customer Service Agents will provide immediate assistance to you.

**Toll-Free Customer Service Number**

**1-800-999-8899**

**Mon. - Fri., 9 a.m. - 5 p.m. PST**

**[www.impex-fitness.com](http://www.impex-fitness.com)**

**[impex@impex-fitness.com](mailto:impex@impex-fitness.com)**

## **IMPORTANT SAFETY NOTICE**

### **PRECAUTIONS**

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. **CONSULT A PHYSICIAN IMMEDIATELY.**
4. Position the machine on a clear, leveled surface. **DO NOT** use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. **DO NOT** wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. **DO NOT** use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.

**WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. IMPEX INC. ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.**

**SAVE THESE INSTRUCTIONS.**

# HARDWARE IDENTIFIER

PLACE WASHER, END OF BOLT, OR SCREW  
ON CIRCLE TO CHECK FOR CORRECT SIZE.

## MILLIMETERS

M6



M8



M10

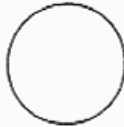


## INCHES

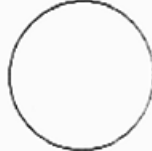
1/2"



5/8"



3/4"



## REPLACEMENT PARTS

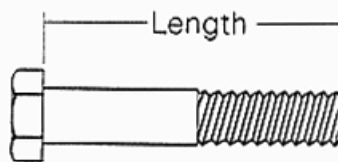
Thank you for purchasing IMPEX product. Although we go to great effort to ensure the quality of our products, occasionally errors or omissions occur. Should you find either a defective or missing part in this product, please contact us for a replacement at the telephone number.

QUESTION ?

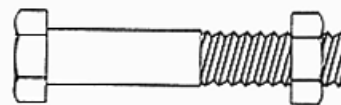


1-800-999-8899

**NOTE:** When installing a Aircraft Nut (also called Nylon or Lock Nut), Please use two adjustable wrenches to tighten down the Nut. Hold down the Bolt with one wrench, and use the other wrench to turn the Nut clockwise.



HEX HEAD BOLT



AIRCRAFT  
NUT



FLAT  
WASHER



ROUND  
PLUG



SQUARE  
PLUG

# ASSEMBLY INSTRUCTION

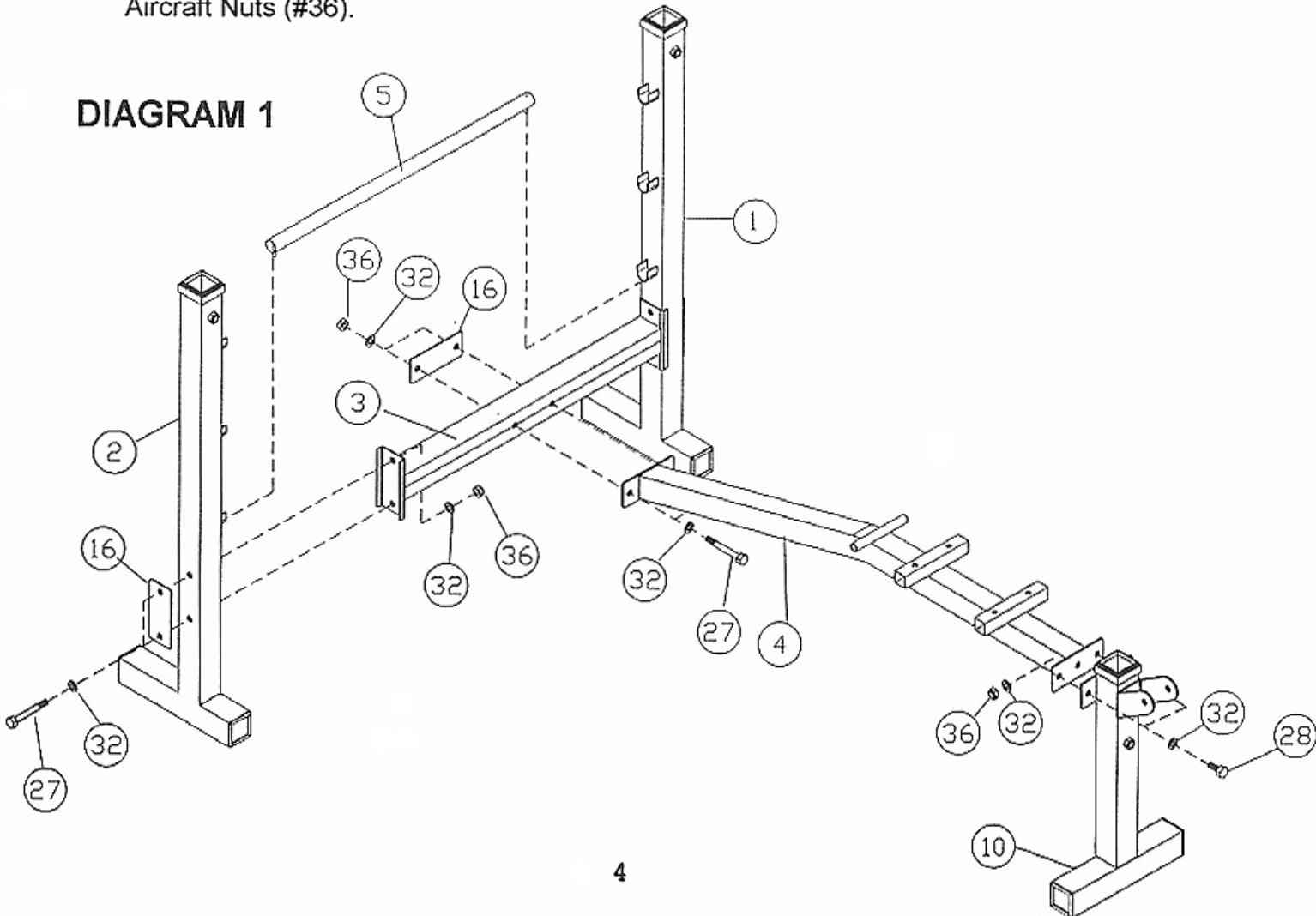
**Tools required to assembly the machine:**  
**Two Adjustable Wrenches**

**NOTE:** It is strongly recommended that this machine be assembled by two or more people to avoid possible injury.

## STEP 1 (SEE DIAGRAM 1)

- A). Connect the two Upright Beams (#1 & 2) by a Cross Brace (#3) in the mid-span. Secure them with two M10 x 3" Bolts (#27), four  $\varnothing 7/8"$  Washers (#32), one Bracket (#16) and two M10 Aircraft Nuts (#36) on each end of the Cross Brace.
- B). Place the Backrest Adjustment Bar (#5) between the two Upright Beams on the selected holes to obtain desired incline of Backrest.
- C). Attach the Main Seat Support (#4) to the Cross Brace (#3). Secure them with two M10 x 3" Bolts (#27), four  $\varnothing 7/8"$  Washers (#32), one Bracket (#16) and two M10 Aircraft Nuts (#36).
- D). Attach the Front T-Foot Tube (#10) to the front end of the Main Seat Support (#4). Secure it with two M10 x 1" Bolts (#28), four  $\varnothing 7/8"$  Washers (#32) and two M10 Aircraft Nuts (#36).

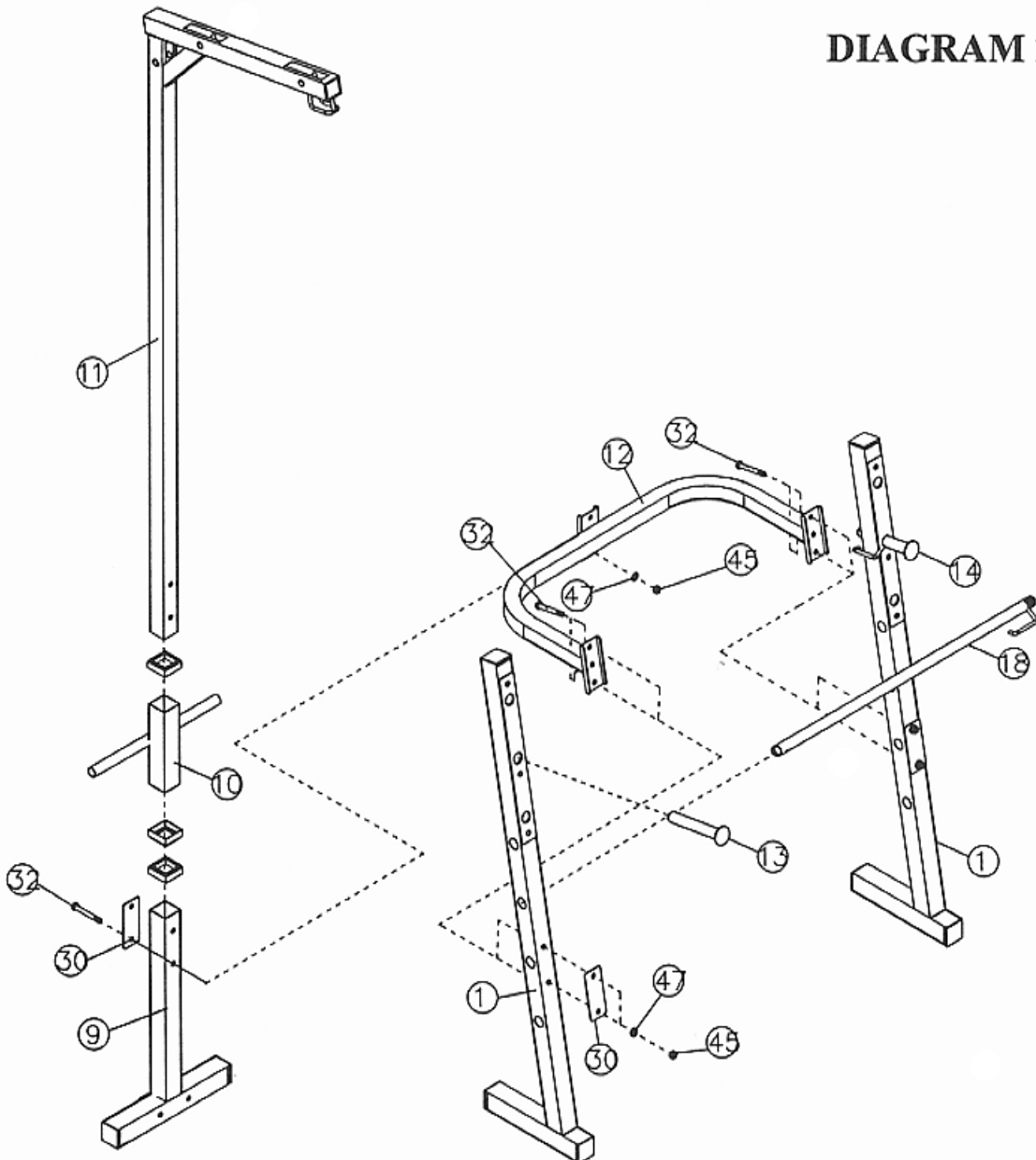
**DIAGRAM 1**



## STEP 2 (See Diagram 2)

**NOTE: Help of another person is needed for the following steps**

- A.) Connect the two Upright Beams (#1) by a Cross Brace (#12) in the mid-span. Secure them with two M10 x 3" Carriage Bolts (#32),  $\varnothing 7/8$ " Washers (#47), M10 Aircraft Nuts (#45) and one 4  $3/4$ " Bracket (#30) on each end of the Cross Brace.
- B.) Slide the Weight Holder (#10) onto the Lat Bar Frame (#11). Attach the Lat Bar Frame (#11) to the Lat Bar Holder (#9).
- C.) Attach the Cross Brace (#12) to the Lat Bar Holder (#9). Align the holes on the Lat Bar Frame (#11), its Holder (#9) and the Cross Brace (#12). Secure it with a M10 x 3" Carriage Bolt (#32), 4  $3/4$ " Bracket (#30),  $\varnothing 7/8$ " Washer (#47) and M10 Aircraft Nut (#45) to the lower hole. NOTE: Leave the upper hole open for now.
- D.) Slide the Backrest Adjustment Bar (#18) through the two Upright Beams on the selected holes to obtain desired incline of Backrest.

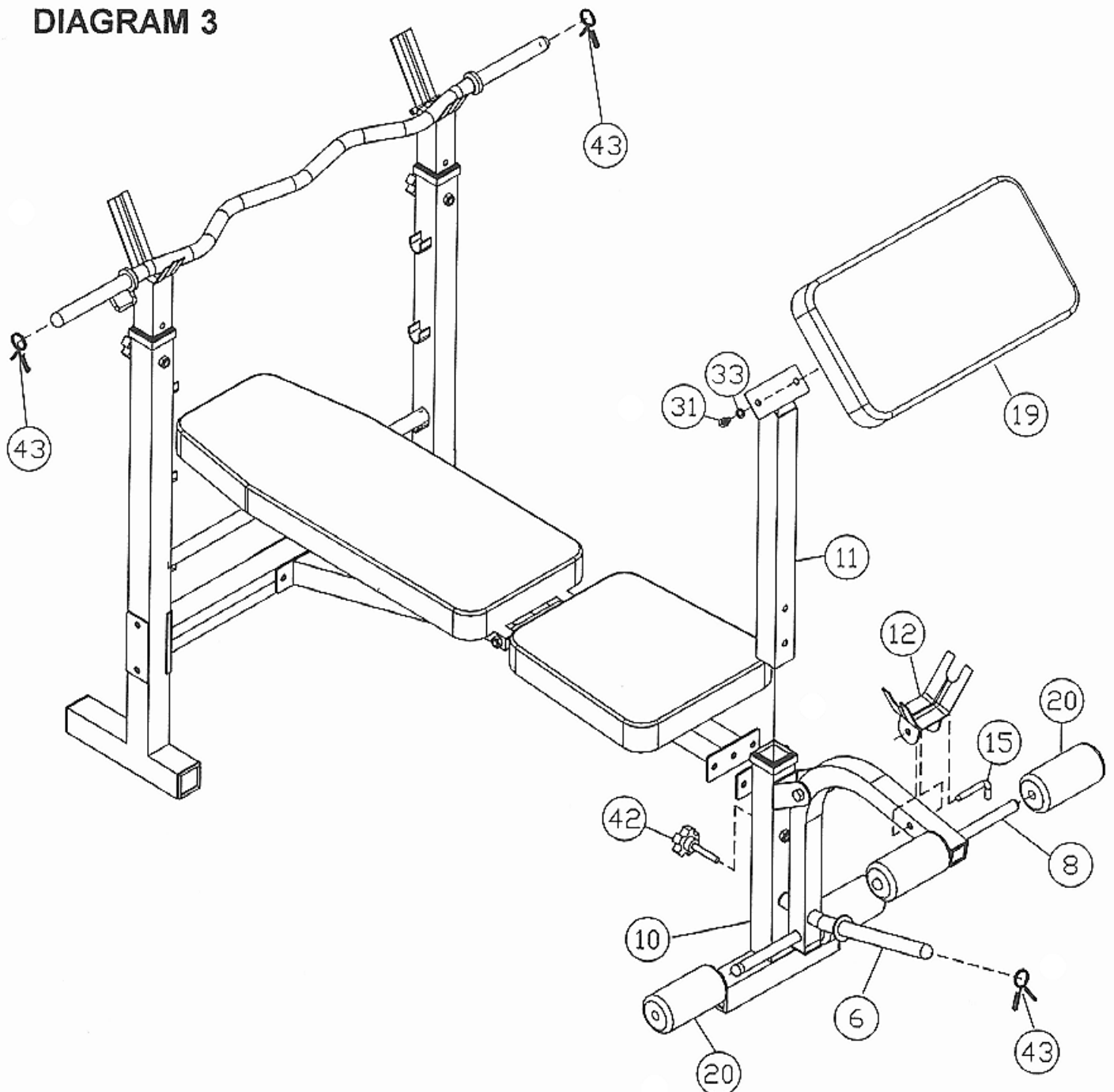


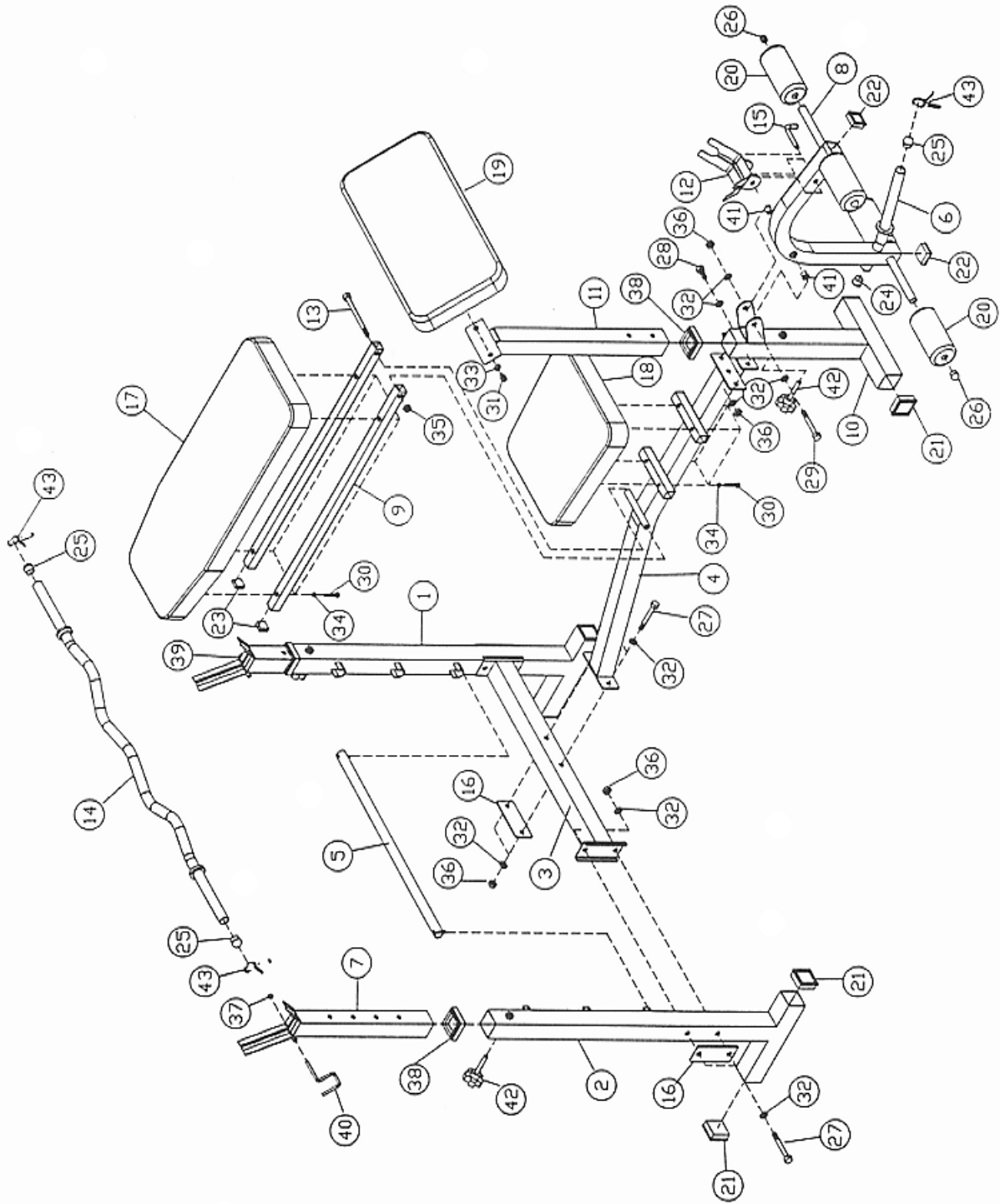
**DIAGRAM 2**

### STEP 3 (SEE DIAGRAM 3)

- A.) Attach the Arm Curl Pad (#19) to the Arm Curl Stand (#11). Secure it with two M8 x 5/8" Bolts and  $\text{\O}3/4$ " Washers (#33).
- B.) Insert The Arm Curl Stand (#11) into the opening on the top of the Front T-Foot Tube (#10). Secure it with a Knob Bolt (#42) to obtain the desired height of the Stand.
- C.) Attach the Bar Holder (#12) to the Leg Developer (#6). Insert a L-Shape Pin (#15) through the hole to secure it.
- D.) Insert two Foam Roll Tubes (#8) halfway into the holes on the Leg Developer (#6). Push four Foam Rolls (#20) onto the Tubes from both sides.

DIAGRAM 3







## CB 555 Parts List

Part No.	Description	QTY	Part No.	Description	QTY
1.	Left Upright Beam	1	36.	M10 Aircraft Nut	9
2.	Right Upright Beam	1	37.	M6 Aircraft Nut	2
3.	Cross Brace	1	38.	2" Sleeve	3
4.	Main Seat Support	1	39.	Left Safety Hook	1
5.	Backrest Adjustment Bar	1	40.	Right Safety Hook	1
6.	Leg Developer	1	41.	Bushing	2
7.	Crutches	2	42.	Knob Bolt	3
8.	Foam Roll Tube	2	43.	Spring Clip	3
9.	Backrest Support Bar	2			
10.	Front T-foot Tube	1			
11.	Arm Curl Stand	1			
12.	Curl Bar Holder	1			
13.	M12 x 7 <sup>1</sup> / <sub>4</sub> " Bolt	1			
14.	Curl Bar	1			
15.	L-Shaped Pin	1			
16.	Bracket	3			
17.	Backrest Broad	1			
18.	Seat	1			
19.	Arm Curl Pad	1			
20.	Foam Roll	4			
21.	2" Square End Cap	6			
22.	1 <sup>1</sup> / <sub>2</sub> " Square End Cap	2			
23.	1" Square End Cap	2			
24.	Ø1" Round End Cap	1			
25.	Ø1" R-type End Cap	3			
26.	Ø <sup>3</sup> / <sub>4</sub> " Round End Cap	4			
27.	M10 x 3" Bolt	6			
28.	M10 x 1" Bolt	2			
29.	M10 x 2 <sup>3</sup> / <sub>4</sub> " Bolt	1			
30.	M6 x 1 <sup>3</sup> / <sub>8</sub> "	8			
31.	M8 x 5/8" Bolt	2			
32.	Ø <sup>7</sup> / <sub>8</sub> " Washer	18			
33.	Ø <sup>3</sup> / <sub>4</sub> " Washer	2			
34.	Ø <sup>1</sup> / <sub>2</sub> " Washer	8			
35.	M12 Aircraft Nut	1			

# **IMPEX INC.**

## **LIMITED WARRANTY**

IMPEX Inc. ("IMPEX") warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of two years on the Frame from the date of purchase. This warranty extends only to the original purchaser. IMPEX's obligation under this Warranty is limited to replacing or repairing, at IMPEX's option.

All returns must be pre-authorized by IMPEX. Pre-authorization may be obtained by calling IMPEX Customer Service Department at 1-800-999-8899. All freights on products returned to IMPEX must be prepaid by the customer. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by a IMPEX authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by IMPEX.

IMPEX is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or other damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyments or use, costs of removal, installation or other consequential damages or whatsoever natures. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal right. You may also have other rights which vary from state to state.

**IMPEX INC.**  
**14777 Don Julian**  
**City of Industry, CA 91746**

### **ORDERING REPLACEMENT PARTS**

Replacement parts can be ordered by calling our Customer Service Department toll-free at 1-800-999-8899 during our regular business hours: Monday through Friday, 9 am until 5 pm Pacific standard time.

**[www.impex-fitness.com](http://www.impex-fitness.com)**  
**[impex@impex-fitness.com](mailto:impex@impex-fitness.com)**

When ordering replacement parts, always give the following information.

1. Model
2. Description of Parts
3. Part Number
4. Date of Purchase